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## **A COMPARATIVE STUDY OF JOB STRESS AMONG PHYSICAL EDUCATION TEACHERS AND NON-PHYSICAL EDUCATION TEACHERS**

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### **Abstract-**

The study also reveals that the job stress level among physical education teachers and non-physical education teachers. Stress is a common problem that affects almost all of us at some point in our lives. Learning to identify when you are under stress, what is stressing you, and different ways of coping with stress can greatly improve both your mental and physical well being. Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker.

**Keywords-** Job stress, Physical Education teachers & Non- Physical Education teachers.

### **Introduction**

Education is the process of instruction aimed to develop the knowledge skills, attitude or character of individuals for preparing them to live in a meaningful way. It is education that makes an individual rational. In fact, the training of human mind is not complete with it. The strength of a nation depends upon how well educated its citizens are. Teachers are arguably the most important group of professionals of a nation's future. But, it has been observed over the years that the teachers are more prone to stress because dealing with students and caring for their better performance throughout the day



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is itself a stressful situation. School is considered a major source of stress in the lives of teachers. Teachers work daily with students; cope up with number of problems, student absenteeism and students with special needs, insufficient funding and lack of personal support. Moreover, teachers have to perform a lot of work after they reach home like preparation, correcting the note books, evaluation etc. All these indicate stress is always present among the teachers. (<https://en.wikiquote.org>, 11.01.2017)

### **Nature of Teaching**

It is not easy to define the concept of stress. Usually it is associated with the less pleasant aspect of life Hans selye defined stress as the non-specific response of the body to any demand. It was used as a substitute for anxiety conflict and emotional distress. To Bower it is any force that brings some change in an organism for better or worse. There are many more definitions but their description equates stress with distress. However the literature about stress do not conform this meaning. It refers to a wide range of physiological changes and environment pressures in the health illness literature. It becomes clear when selye further distinguishes in his definition of stress between esters that is an exciting and pleasant kind of demand and distress that is threatening, unpleasant or even harmful demand. This distinction between esters and distress lies in the perception of the person. (Selye ,H. 1956 <https://ukessays.com>)

### **Stress**

The word stress is derived from the Latin word ‘Stringier’. It was popularly used in seventeenth century to mean hardship adversity or affliction. In eighteenth and nineteenth centuries, it was used to dente force, pressure, strain or strong efforts with reference to an object or person. Stress is the ‘wear and tear’ our bodies experience as well as adjusts to our continually changing environment; it has physical and emotional effects on us and can create positive and negative feelings. Stress is a system produced by emotional and social relations that are going on within an organization- economic, political, social, cultural or educational. It is an inexpiable part of life, a natural and inevitable factor of life. Complete freedom from stress for living individual is impossible. In relation to definitions of stress, it can be said that this is a type of acute or strong and fast change in outer environment due to which there is change in one’s tolerating power which takes the form of



physical or mental disorder. It is the process that occurs in response to situations or events that disrupt or threaten one’s physical or psychological functioning. (*inflibnet.ac.in*)

**SAMPLING DESIGN -**

The purpose of the study was to find out the job stress among physical education teachers and non-physical education teachers. A Job stress questionnaire was used so as to get the relevant information that can be used for various purposes. The information is to be collected from the different sources of data. 500 subjects are included i.e; both physical education teachers and non-physical education teachers have been selected for the present investigation from both rural & urban areas of the Sirsa for the study. Random Sampling method is used for the collection of the data.

**Sample Size**

A Sample of 500 teachers (Physical Education & Non-Physical Education) was selected from the population.

**Table No.- 1**

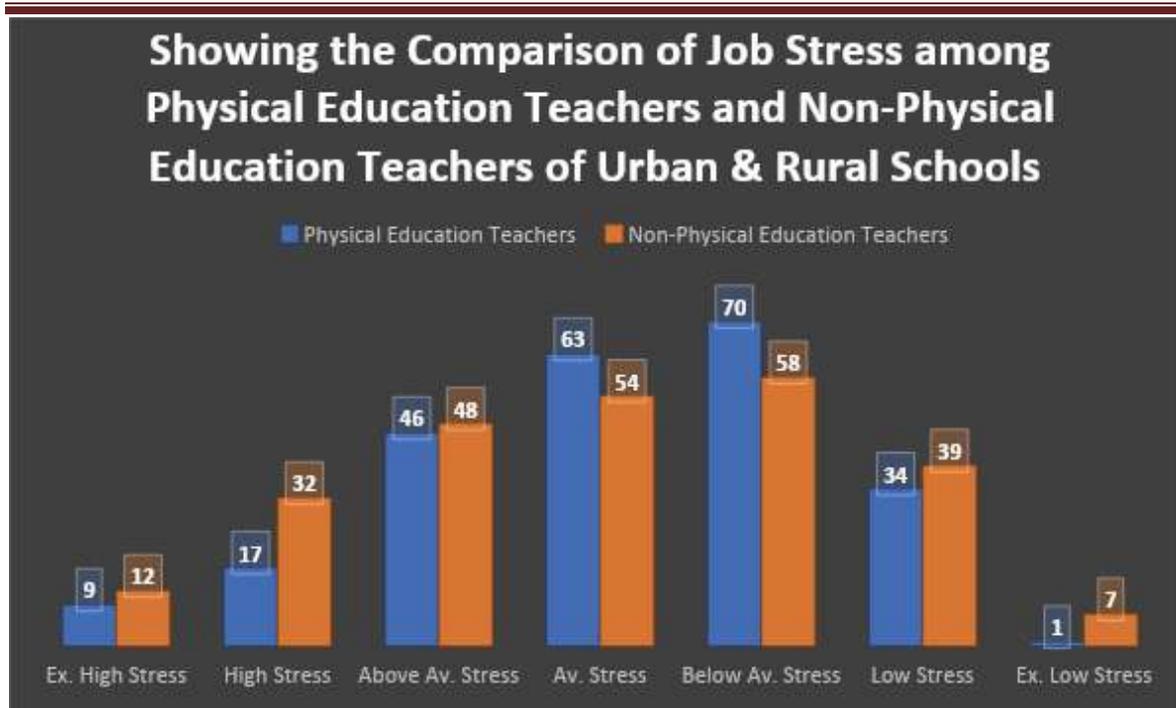
**Showing the Comparison of Job Stress among Physical Education Teachers and Non-Physical Education Teachers of Urban & Rural Schools**

Total No. of Teachers 500 (Physical Education-250 & Non-Physical Education- 250)															
S N o	Group	Ex. High Stress		High Stress		Above Av. Stress		Av. Stress		Below Av. Stress		Low Stress		Ex. Low Stress	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
1	Physical Education Teachers	9	3.6	17	6.8	46	18.4	63	25.2	70	28	34	13.6	1	0.4
2	Non-Physical Education Teachers	12	4.8	32	12.8	48	19.2	54	21.6	58	23.2	39	15.6	7	2.8



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Table no.- 1 shows, 3.6% (9 out of 250) physical education teachers were found in extremely high stress, 6.8% (17 out of 250) physical education teachers were found in high stress, 18.4% (46 out of 250) physical education teachers were found in extremely above average stress, 25.2% (63 out of 250) physical education teachers were found in average stress, 28% (70 out of 250) physical education teachers were found in below average stress, 13.6% (34 out of 250) physical education teachers were found in low stress, 0.4% (1 out of 250) physical education teachers were found in extremely low stress. 4.6, 4.8% (12 out of 250) non-physical education teachers were found in extremely high stress, 12.8% (32 out of 250) non-physical education teachers were found in high stress, 19.2% (48 out of 250) non-physical education teachers were found in extremely above average stress, 21.6% (54 out of 250) non-physical education teachers were found in average stress, 23.2% (58 out of 125) non-physical education teachers were found in below average stress, 15.6% (39 out of 125) non-physical education teachers were found in low stress, 2.8% (7 out of 125) non-physical education teachers were found in extremely low stress. It can be concluded that the physical education teachers were more numbers in average stress and low stress category compare to non-physical education teachers. As well as the non-physical education teachers are more numbers in high stress, below stress and extremely below stress category to compare with physical education teachers.



Graph No.- 4.11

### Graphical Representation of Job Stress among Physical Education Teachers and Non-Physical Education Teachers of Urban & Rural Schools

#### Conclusions:

It can be concluded that the physical education teachers were more numbers in average stress and low stress category compare to non-physical education teachers. As well as the non-physical education teachers are more numbers in high stress, below stress and extremely below stress category to compare with physical education teachers.

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